

ABSTRACT OF THE DISCLOSURE

An optical recording medium of the present invention includes a recording layer, in which information is recorded in a three-dimensional manner in an in-plane direction and a thickness direction of the recording layer. The recording layer includes a thermochromic material whose color changes reversibly according to a temperature. The thermochromic material converts absorbed light into heat, increases its light absorptance as the temperature rises and, when the temperature reaches a first predetermined temperature or higher, changes irreversibly to a translucent substance whose color does not change according to a temperature change. In this optical recording medium, since only the position on which irradiated light is focused develops color so as to increase light absorptance, this property is utilized for recording and reproducing information.